

# Lucid Body Basics Level I

**Dates:** Level 1 May 17&18 / Level2 May 19&20  
**Times:** each day 10am - 4pm (including lunch break)

## Registration Fee:

Level 1: 255,00€

Full Basics (Level1&2): 475,00€

Early Registration Full Basics (till April 17): 445,00€

Sponsorship by GVL (30%) is possible

**Location:** Eden, Breite Strasse 43, 13187 Berlin

## Lucid Body Basics

Through a rigorous yoga-based warm-up and a thorough exploration of the seven chakra energy centers, this workshop will offer a new path into discovering the emotional/physical blocks that inhibit a full emotional range of expression.

For actors, this process is liberating- to learn how to shift one's energy to suit the life and circumstances of the characters they are playing.

The paradigms of persona, childneed, shadow and archetype will be explored in our understanding of the psychophysical complexities of self and character.

The Lucid Body Basics will offer you practical tools for auditions, rehearsals, performance, and life.

While the workshop is designed for actors, artists of all disciplines are welcome to attend.

## Lucid Body Basics Level I

Level I of Basics focuses on alignment and learning the chakra energy centers as tools to step beyond the comfort zone. Exercises will be focused on transforming the habitual body into new parts of self.

## Lucid Body Basics Level I Objectives

Objectives:

-Initiate postural re-alignment

-Gain a new practical physical language from which to create the body of the character

-Transform familiar body patterns into new aspects of self

-Develop a way of seeing that allows for a deeper understanding of the human being

# Lucid Body Basics

## Level II

**Dates:** Level 1 May 17&18 / Level2 May 19&20  
**Times:** each day 10am - 4pm (including lunch break)

### **Registration Fee:**

Level 2: 255,00€

Full Basics (Level1&2): 475,00€

Early Registration Full Basics (till April 17): 445,00€

Sponsorship by GVL (30%) is possible

**Location:** Eden, Breite Strasse 43, 13187 Berlin

### **Lucid Body Basics**

Based on a nonjudgemental approach, we will dive deep into broadening our physical range of expression and following the impulses of the body. We will work with audible exhale to integrate the sensitivities of the body experience to the outside world. The body becomes a great window into understanding the psychological and emotional patterns of our lives.

The paradigms of persona, childneed, shadow and archetype will be explored in our understanding of the psychophysical complexities of self and character.

While the workshop is designed for actors, artists of all disciplines are welcome to attend.

### **Lucid Body Basics Level II**

Level II of Basics will work with the larger energies of the archetypes and the active space between two people and within an ensemble. Experiencing the the deepest layers of complex characters such as child need and shadow will make this workshop thrilling and challenging.

Participation in a Level I course or previous experience with Lucid Body is recommended for joining Level II.

### **Lucid Body Basics Level II Objectives**

- Shift ones energy to meet the given circumstances
- Listen to the body's visceral impulses
- Experience physical connection in relationships with other characters
- Expand repertoire of tactics in pursuit of an objective
- Explore the nature of conflict and high stakes relationships